

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

20 December 2002

"Leadership, Partnership, and Championship"

Subscribe to this publication  
by visiting our web site.  
Click on "Friday Facts"

### The DOD National Nutrition resources for March 2003...

are available to you at <http://chppm-www.apgea.army.mil/dhpw/Wellness/nnm.aspx>. This year's packet includes all of the familiar sections to include your favorite - the articles. But you'll find some new additions within the sections. The Website Section is updated to include some great new sites.

In the Additional Tools Section, you'll find some wonderful coloring pages for children, and table tents. You'll also find "The Creative Cabinet" that are suggestions and ideas that you shared. Have a Happy and Healthy 2003!



### National Alcohol Screening Day

The fifth annual National Alcohol Screening Day (NASD) is scheduled for April 10, 2003. The NASD plans to focus upon the consequences of at risk drinking and the impact upon health. The screening will also address alcohol problems, identify individuals who need help and connect persons and their families with services and treatment. Participating sites will receive an educational video, procedure manual, screening forms and posters! For additional information and materials, contact Screening for Mental Health <http://www.mentalhealthscreening.org> or 781-239-0071.

### DoD Suicide Prevention

To address the continuing loss of military personnel, the Department of Defense Suicide Prevention and Risk Reduction Committee sponsored the first Suicide Prevention Conference on November 19, 2002. The forum featured national speakers, the respective service program managers and other experts, and a planning meeting. For more information on suicide prevention see the related news articles [http://www.defenselink.mil/news/Nov2002/b11252002\\_bt599-02.html](http://www.defenselink.mil/news/Nov2002/b11252002_bt599-02.html) and [http://www.news.navy.mil/search/display.asp?story\\_id=4567](http://www.news.navy.mil/search/display.asp?story_id=4567)

### News Release Holiday Fitness Update

SAN DIEGO, Calif. - Dec. 2, 2002 - As the festive holiday season is upon us, many Americans find it stressful to keep up with often-unrealistic demands and expectations of family, friends and events. The solution to an enjoyable celebration is to relax and take good care of ourselves, which in turn will increase energy and reduce stress levels.

To keep happy and safe this season, American Council of Exercise (ACE) offers 10 tips for surviving the holidays. [http://www.acefitness.org/media/media\\_display.cfm?NewsID=151](http://www.acefitness.org/media/media_display.cfm?NewsID=151)



### National Anxiety Disorders Screening Project

Host screening sites are needed for the annual National Anxiety Disorder Screening Project scheduled for May 7, 2003. Materials are provided to participating sites which include planning, promotional and educational resources and a new film on social anxiety disorder hosted by Donny Osmond. This event is sponsored by Freedom From Fear, a nonprofit advocacy group. The registration fee is \$100, and the deadline for registration is February 24. To obtain more information or to register contact [www.freedomfromfear.org](http://www.freedomfromfear.org) and click on Screening Day for 2003 or call Jeanine Christiana 718-351-1717 Ext 21.



"I expect to pass through this world but once; any good things that I can do, or any kindness that I can show to my fellow creatures, let me show it now. Let me not defer or neglect it, for I shall not pass this way again." - William Penn